

Reports on the Effects Long-Term Participation In The Monroe Institute Programs

Participant J

What is on the Other Side of the Rainbow?

Engagement of Multiple Intelligences

- Tap dancing. Started and ran IT consulting business.
- Technical writer for various organizations and clients.
- Cheerleading in high school.

Other Personal Development Activities

- Attended personal transformation workshops.

Compassion for Oneself and Others

- I began to forgive myself for some of the things I was still judging myself harshly. Essentially, I have learned to take responsibility for my life rather than getting stuck in the victim role of trying to please others.

Reflections

Since attending TMI, I have become more attuned to my intuition. I am doing things that matter at some deeper level within me.